

# HEALTHY WEIGHT LOSS

## SAFE WEIGHT LOSS GUIDE

[HOME](#) [ABOUT](#) [CONTACT US](#) [NEWSLETTER](#) [SEARCH RESULTS](#)



### NEWSLETTER

Name:   
Email:

Newsletter courtesy of  
FreeFollowUp



MetaBoSpее  
MaximumSt  
Buy 2 bottles  
RapidWeight  
FoxNews &

### Ads by Google

[Weight Loss Diet](#)  
[Diet Pills](#)  
[Weight Loss Pills for Men](#)  
[HOODIA Diet Reviews](#)

### Ads by Google

[Lose Weight Quickly](#)  
The Average Patient  
Loses 21 lbs In Just 4  
Weeks. Get Started  
Today!  
CenterForMedicalWeightLoss.cc

### [Eastbay Weight Loss](#)

Lose 30 pounds in 30  
days Medically  
Supervised in Fremont  
www.30lbsin30days.com

### [Top 10 "Best" Diet Pills](#)

Buy Diet Pills That  
Really Work... Can You  
Lose 12 Pounds in 7  
Days?  
BuyTopDietPills.com/Top10

### [10 Best Weight Loss Pills](#)

"2010's Best Weight  
Loss Pills" Free  
Shipping & 100% Risk-  
Free!  
WeightLossDietPills.com/Weight

### [Phenramine HCL 37.5 mg](#)

Free Shipping options  
Low price \$41 No script  
- No Hidden Fees  
www.order-phenramine.com

« O l d e r  
E n t r i e s

## WEIGHT LOSS SUPP

July 25th, 2010 | Author: [Andrew Okpetu](#)

### [Top Appetite Suppressors](#)

10 Strongest Appetite Suppressants Free S&H  
- Lose 11 Pounds in 1 Week

### [Nutrisystem-Official Site](#)

Don't Wait Any Longer-Start Today! Try  
Nutrisystem and get \$50 Off.



Ads by Google

### [Wt. loss specialist M.D.s](#)

fast, easy loss, diet  
pills, tasty diet, 3-5  
lbs/wk. 26yrs  
experience  
www.wt-loss.com

### [Top Appetite Suppressors](#)

10 Strongest Appetite  
Suppressants Free  
S&H - Lose 11  
Pounds in 1 Week  
www.AppetiteSuppress

There are more than 50 individual dietary supplements and more than 150 commercial combination products for weight loss. Despite the doubts surrounding the safety, efficacy and quality of these weight loss products, over-the-counter weight loss products continue to appeal to weight loss patients because of the quest for a weight loss "magic bullet".

C l i c k H e r e !

More than \$20.3 billion was spent by Americans in 2004 on one weight loss supplement or the other, making it increasingly difficult to keep pace with the different supplements being consumed by patients for weight loss and health.

### Be wary of claims like these:

- Take 3 capsules before bedtime, "watch the fat disappear"
- Will neutralize up to 66% of the starch consumed in a meal
- "Eat all you want"! "Block the starch and lose weight"
- "This advanced dietary fat-inhibitor helps block fat absorption"

Patients often turn to over-the-counter proprietary drugs containing single or multiple dietary weight loss supplements given the medical and psychosocial repercussions of being overweight coupled with the difficulty in making dietary and physical changes for a healthy appearance. The U.S. Food and Drug Administration banned Ephedra-caffeine compound because of the attendant serious side effects despite evidence of modest weight loss from its use.

### Weight loss Dietary Supplements, Why?

- Desire for a "magic bullet" for weight loss
- Social stigma of obesity
- Exaggerated advertising claims
- Frustration at previous dieting and exercise efforts.
- Easy availability of weight loss products without prescription

Common Dietary Supplements Used for Weight Loss, Classified According to Purported Mechanism\*†

Increase energy expenditure	Increase satiety	Block dietary fat absorption
Ephedra (56) Bitter orange (49) Guarana (34) Caffeine (27) Country mallow (13) Yerba maté (9) Modulate carbohydrate metabolism (117) Chromium (117) Ginseng (20)	Guar gum (10) Glucomannan (7) Psyllium (6) Increase fat oxidation or reduce fat synthesis (1) L-carnitine (49) Hydroxycitric acid (43) Green tea (42) Vitamin B5 (18) Licorice (17) Conjugated linoleic acid (7) Pyruvate (6)	Chitosan (16) Increase water elimination (15) Dandelion (15) Cascara (5) Enhance mood (1) St. John's wort (19) Miscellaneous or unspecified (18) Laminaria (18) Spirulina [also known as blue-green algae] (13) Guggul (10) Apple cider vinegar (7)



Subscribe



### CATEGORIES

- [Natural](#) (2)
- [Weight](#) (3) [Loss](#)
- [Weight](#) (3) [Loss](#)
- [Weight](#) (2) [Loss](#)
- [Weight](#) (3) [Loss](#)
- [Weight](#) [Loss](#) (2)

Search for:

### [Weight Loss Quotes](#)

Powerful Diet and  
Weight Loss  
Motivation for  
Permanent  
Weight Loss.

### [Weight Loss Hypnosis](#)

Feel peaceful  
around food and  
in your body.  
Effortless weight  
loss.

### [Killer Weight Loss Pack](#)

No Weight Loss ?  
Secrets? Here.  
Just Weight Loss  
Answers. Only  
\$4.95

### [You look Slimmer Already!](#)

Rapid Weight  
Loss For Women  
Tried & Tested  
Learn More...



### Fat Burners and Fat Blockers

MY YAHOO!

- **Caffeine**-Though used as a stimulant, its mild potent effect as a weight loss supplement is notable if combined with exercise and a healthy diet. Caffeine is a diuretic, an appetite suppressant and a thermogenic substance whose effect as a fat burner is slight if at all. Caffeine's role as a weight loss supplement is through fat oxidation and lipolysis.
- **Bitter Orange extract**- Because of the controversy surrounding ephedrine, weight loss supplements free of ephedrine but possessing similar potency as ephedrine are showing promising results for healthy weight loss. Relatedly, because of its chemical to ephedrine, safety concerns are being genuinely raised which warrants caution until research becomes evidently clear.
- **Synephrine**-This weight loss supplement is a mild stimulant that suppresses appetite, induces lipolysis and increases metabolic rate for healthy weight loss. Synephrine stimulates the beta-adrenergic receptors that stimulate fat metabolism without the negative effects like thermogenic strain, elevated blood pressure and increased heart rate usually associated with other compounds that stimulate the adrenergic receptors.
- **Alli**-This weight loss supplement blocks the enzyme lipase responsible for fat break-down. By inhibiting this pathway, fats are not broken into absorbable forms rather they are excreted as waste thereby facilitating weight loss

#### **Appetite Suppressants:**

- **Hoodia**-Appetite suppressants like hoodia curb hunger by tricking the brain into a false body fullness (false increased satiety and limited calorie intake) which accelerates weight loss.
- **Glucomannan and Guar gum**-These weight loss products contain sources of fibre, which typically absorb water within the gut causing increased satiety and limiting caloric intake.

#### **Fat Absorption Blockers:**

- **Chitosan**-This positively-charged weight loss polymer is thought to prevent fat absorption by binding negatively charged molecules within the gut. Its long term efficacy for weight loss is in doubt.

Physicians should caution and monitor the use of conjugated linoleic acid, glucomannan, ginseng, hydroxycitric acid, green tea, L-carnithine and St John's wort due to inconclusive and conflicting evidence regarding their safety long term efficacy.

Andrew Okpetu

www.1weightlosssite.co.uk

Posted in [Weight Loss](#) | [1 L A S S I T E . C O . U K](#)

« [O l d e r](#)  
[E n t r i e s](#)



Copyright Healthy Weight Loss. All Rights Reserved.

[A c c / @ \\$ % & / @ p o r o s i s](#)